



# TRX

4-WEEK PROGRAM

Nov. 30th - Dec. 27th

## Cost

Member - \$179.00

Non-Member - \$199.00

Videos only - \$79.00

\*includes access to  
Virtuagym + Virtual Classes

## Program Details

TRX targeted muscle group focused classes taught LIVE on Zoom. Pick between 6:00am or 6:00pm each weekday, and 9:00am on Saturdays. Classes are 30 minutes each.

32 live classes to choose from & 4 TRX HIIT + Full Body Strength videos for homework.

All 6:00am classes will be recorded in case you can't make it live. You will have access to these videos as well as your HIIT + Strength videos for the next 6 months!

| MONDAY,<br>November 30th                                     | TUESDAY,<br>December 1st  | WEDNESDAY,<br>December 2nd                           | THURSDAY,<br>December 3rd                                     | FRIDAY,<br>December 4th         | SATURDAY,<br>December 5th                    | SUNDAY,<br>December 6th         |
|--|---|--|---|---------------------------------|--|---------------------------------|
| <b>Back and Shoulders</b><br>Katie - 6:00am<br>Kari - 6:00pm | <b>Chest and Triceps</b><br>Kari - 6:00am<br>Katie - 6:00pm     | <b>Lower Body</b><br>Kari - 6:00am<br>Katie - 6:00pm | <b>Back and Biceps</b><br>Katie - 6:00am<br>Kari - 6:00pm     | <b>Rest Day or Homework Day</b> | <b>Lower Body and Core</b><br>Katie - 9:00am | <b>Rest Day or Homework Day</b> |
| MONDAY,<br>December 7th                                      | TUESDAY,<br>December 8th  | WEDNESDAY,<br>December 9th                           | THURSDAY,<br>December 10th                                    | FRIDAY,<br>December 11th        | SATURDAY,<br>December 12th                   | SUNDAY,<br>December 13th        |
| <b>Back and Shoulders</b><br>Katie - 6:00am<br>Kari - 6:00pm | <b>Chest and Triceps</b><br>Kari - 6:00am<br>Katie - 6:00pm     | <b>Lower Body</b><br>Kari - 6:00am<br>Katie - 6:00pm | <b>Back and Biceps</b><br>Katie - 6:00am<br>Kari - 6:00pm     | <b>Rest Day or Homework Day</b> | <b>Lower Body and Core</b><br>Kari - 9:00am  | <b>Rest Day or Homework Day</b> |
| MONDAY,<br>December 14th                                     | TUESDAY,<br>December 15th                                       | WEDNESDAY,<br>December 16th                          | THURSDAY,<br>December 17th                                    | FRIDAY,<br>December 18th        | SATURDAY,<br>December 19th                   | SUNDAY,<br>December 20th        |
| <b>Back and Shoulders</b><br>do video from class week 1 or 2 | <b>Chest and Triceps</b><br>Kari - 6:00am<br>Katie - 6:00pm     | <b>Lower body</b><br>do video from class week 1 or 2 | <b>Back and Biceps</b><br>Katie - 6:00am<br>Kari - 6:00pm     | <b>Rest Day or Homework Day</b> | <b>Lower Body and Core</b><br>Katie - 9:00am | <b>Rest Day or Homework Day</b> |
| MONDAY,<br>December 21st                                     | TUESDAY,<br>December 22nd                                       | WEDNESDAY,<br>December 23rd                          | THURSDAY,<br>December 24th                                    | FRIDAY,<br>December 25th        | SATURDAY,<br>December 26th                   | SUNDAY,<br>December 27th        |
| <b>Back and Shoulders</b><br>Katie - 6:00am<br>Kari - 6:00pm | <b>Chest and Triceps</b><br>do video from class week 1, 2, or 3 | <b>Lower Body</b><br>Kari - 6:00am<br>Katie - 6:00pm | <b>Back and Biceps</b><br>do video from class week 1, 2, or 3 | <b>Rest Day or Homework Day</b> | <b>Lower Body and Core</b><br>Kari - 9:00am  | <b>Rest Day or Homework Day</b> |